



## Week 4: Eating and Exercise

### *You are what you eat!*

#### DASH + Walking = Double Benefits

Is your eating plan helping or hindering? Since walking makes your heart stronger and lowers blood pressure, make sure your eating habits help maximize these benefits. Simply start with the DASH eating plan.

#### ***DASH Details***

DASH stands for **D**ietary **A**pproaches to **S**top **H**ypertension. The DASH eating plan has been shown to prevent and reduce high blood pressure. It's rich in **fruits, vegetables and lowfat dairy foods**, moderate in total fat and low in cholesterol and saturated fat. DASH is even more effective if you also reduce salt (sodium) intake.

#### ***DASH Foods***

Fruits, vegetables and lowfat dairy foods are rich in potassium, magnesium and calcium - minerals that help lower blood pressure. The DASH eating plan is also rich in fiber and healthy protein. Nuts, seeds, whole grains, poultry and fish are encouraged along with moderate portions of lean meats. Specific amounts of all the food groups are recommended to effectively lower blood pressure. Check out the weekly menus, eating plans and shopping tips by [clicking here](#).

#### ***Smart Eating for Everyone***

Everyone will benefit from DASH eating, because it can also help reduce risk of heart disease, stroke and even help you lose weight. In fact, DASH eating is recommended in The Dietary Guidelines for Americans and [www.MyPyramid.gov](http://www.MyPyramid.gov).

#### ***DASH Tips***

- ✧ Switch from 2% to 1% milk.
- ✧ Add one extra fruit at breakfast and an extra vegetable at lunch and dinner.



- ❏ Make whole wheat pancakes.
- ❏ Snack on almonds or peanuts instead of candy.

Visit [www.inshape.in.gov](http://www.inshape.in.gov) for more online advice from First Lady Cheri Daniels.

## Walking Do's

Walking is a simple and effective way to meet your daily exercise needs. In order to make the most of your workout try incorporating some of these walking techniques.

- ❏ Stand straight, tall, and relaxed.
- ❏ Keep your eyes looking forward and your chin parallel to the ground.
- ❏ Resist the temptation to tilt your head down.
- ❏ Let your arms swing naturally with your elbows bent at a 90 degree angle.

The bend will increase arm strength and eliminate the tingling in your fingers that can occur during long walks. Practice these techniques until they become natural motions. You will find that these simple tips will make your walks more efficient and help you better meet your fitness goals.



## Beginner's 12 Week Walking Schedule

WEEK	SUN	MON	TUES	WED	THU	FRI	SAT
4	20 min	30 min	20 min	20 min	25 min	20 min	30 min

## The Community Corner

**Cystic Fibrosis Foundation: GREAT STRIDES Walk**

**When:** Saturday, May 17th @ 9am

**Where:** Military Park

**Event City:** Indianapolis

[Click for Details](#)

**2008 Mercy Foundation Health & Wellness Challenge: 3 Mile Run/Walk**

**When:** Saturday, May 17th @ 6pm

**Where:** Military Park @ the intersection of New York and West St. in downtown Indianapolis

**Registration:** At the Shelter House near West St. in the Park - 3:30pm - 5:30pm

[Click for Details](#)

**Cystic Fibrosis Foundation: GREAT STRIDES Walk**

**When:** Sunday, May 18th @ 12:30pm

**Where:** Hummel Park

**Event City:** Plainfield

[Click for Details](#)

**Cystic Fibrosis Foundation: GREAT STRIDES Walk**

**When:** Sunday, May 18th @ 12:30pm

**Where:** Mill Race Park

**Event City:** Columbus

[Click for Details](#)

**The Fort Wayne Arthritis 1 or 3 Mile Walk**

**When:** Sunday, May 18th @ 1:45pm

**Where:** Franke Park Pavilion #2

**Contact:** Ginger Dodd 260.672.6570

[Click for Registration, etc. \\_](#)

Registration @ 1:00pm. The first 50 people registered receive Zoo passes. Canines welcome!

**The American Lung Association of Indiana: Lungs in Motion Walk/Run**

**When:** Friday, May 30th @ 6pm

**Where:** Indianapolis, White River State Park

**What:** A motivational rally, a scenic 5K walk and non-competitive run along the downtown canal, and an after party at White River State Park consisting of a summer concert, food and family friendly entertainment for all ages. We want you to be a part of it!

[Click here to register, view teams or donate.](#)

**BGI's 25-Mile Challenge**

In honor of National Bike Month and BGI's 25 years in business, BGI encourages everyone to bike (at least) 25 miles in May. If you conquer the 25-Mile Challenge, you'll have the chance to be rewarded with cool cycling gear (determined by random drawing of all participants).

**Deadline:** June 1, 2008

[Click for Details](#)

**NAMI Indiana Walks for the Mind**

Help raise awareness of mental illness and funds for NAMI IN Programs. This 5K Walk is **Free!**

**When:** Saturday, June 7th: check-in @ 9am, walk starts @ 10am

**Where:** Major Taylor Velodrome 3649 Cold Spring Rd, Indianapolis, IN 46222

**Contact:** Joanne Abbott [jabbott@nami.org](mailto:jabbott@nami.org) @ 317.925.9399 or 800.677.6442

[Click for Details](#)

**INShape In Historic Indiana Events**

The Department of Natural Resources Division of Historic Preservation is sponsoring a

series of statewide walks and other events highlighting Indiana historical landmarks throughout the month of May. Please [click here](#) for a calendar of events.